

What is The Avesa Breath?

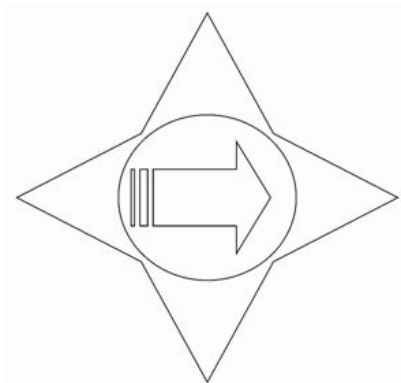
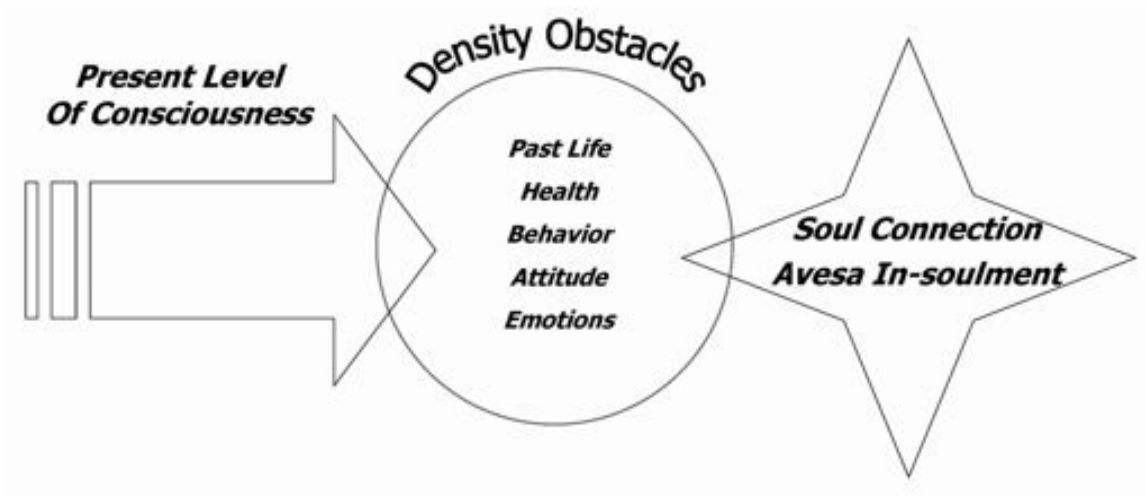
More than just a means of connection with the body, this breath offers the gift of assisting you through the barriers of density.

When you begin the Avesa breath, it offers you immediate connection with your present level of consciousness. (See diagram below). As your consciousness is fluid and seeking reunification with your Soul energy, the In-breath opens the doorway to In-soulment.

The Out-breath completes the process through the Avesa alignment. The more you practice the Avesa breath, the simpler the flow from In-breath, (In-soulment), to Out-breath, (Avesa).

What you see in the diagram is the cycle that interrupts this circuit from being completed. It is the density obstacles that present themselves in many forms.

The key is to simply release the obstacle by breathing through it, rather than living in it.



Utilizing the Avesa breath often will bring your present level of consciousness directly into alignment with your Soul Connection, (Avesa In-soulment). This alignment navigates density without being affected by the obstacles. (See diagram at left.)

Practicing the Avesa Breath regularly will bring your consciousness into Divine Connection and assist to release the pull from Density Obstacles.

The Avesa Breath: Step by Step

Consistent practice of this breath actively calls forth the energy of the Avesa flow.

As you call in the flow of Divine In-soulment, your consciousness expands ever further into the dynamic gift of *Mukti*, (the return to pure consciousness, which is the outcome of Avesa integration).

1. Begin by bringing your breath to your awareness with several deep inhalations and exhalations with sound.
2. After the cleansing breath, consciously breathe with your attention to the word "Avesa".
3. On the inhale, breathe in Ave, and on the exhale, Sa.
4. Bring your hands to your heart.
5. Allow a soft smile with loving gratitude for connectivity to come to you.
6. Close your eyes, and breathe deeply into your heart several times.
7. Visualize your heart center emanating the pure light of the Divine.
8. You may repeat steps 3 through 7 for as many breaths as feels appropriate.
Note: You are encouraged to activate your angelic portal through the flap and clap practice on a daily basis in conjunction with this.

The Avesa Bath of Energy Neutralization and Purification:

To further accelerate the energy of Avesa, it is strongly suggested that you indulge in this process one night per week for the next eight weeks. After that, you may reduce the baths to once a month, however you can stay on the weekly schedule for as long as you enjoy.

Place into a tub of very warm water the following:

- ❑ 1 pint Hydrogen peroxide
- ❑ 1 fresh lemon in slim slices, (organic is best)
- ❑ 4-8 drops of Essential oil that calls to you

Note: The total drops are listed and for some of you this may be more than one oil.

While in the tub, call forth the Avesa breath. After a few minutes of breathing, bring your hands to your abdomen, and begin toning deeply. Move your hands to the heart and tone again. Continue by moving the hands to the third eye and tone again. Take in a very deep cleansing breath, relax. Close your eyes, listen, and receive.

Fully release all expectation, judgment and outside pressures so that you are FREE to be in the PRESENCE of YOU. After your bath, it is optimal to journal or meditate.

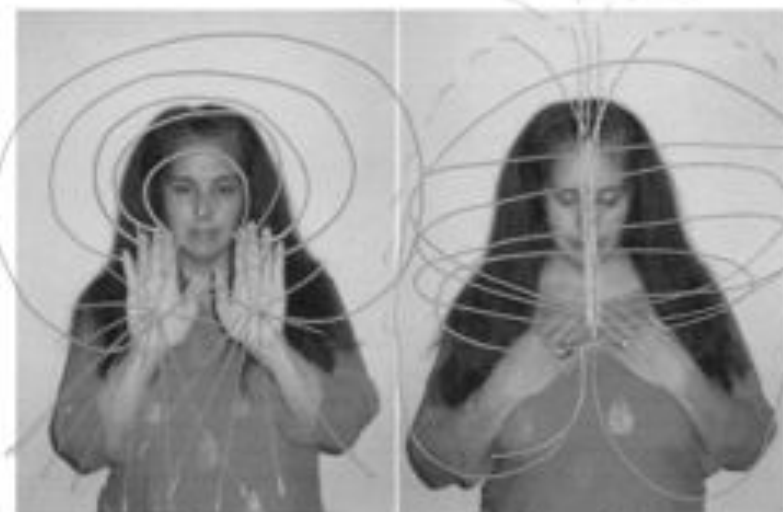
SRI RAM KAA & KIRA RAA



Palms Facing

Breathe the Energy

1. The first position is to hold the hands in front of the heart, palms facing and feel the energy grow. The example was one hand is 'me' and the other hand my reflection (world).
2. Then sip the energy from between the hands and take in the energetic gift to center yourself in Beingness.



Palms Out

Palms to Heart

3. When you are at Peace then offer the gift to the world (hands face out).
4. Then offer the gift to your body/self - hands palm to heart.

